

# AIRTIDES

Vol. 54, No. 33

Serving the McGuire AFB community

August 22, 2003



## Youth Sports

Sports programs are offered here for McGuire youth.

— See Page 16

## CMSAF #6 offers words of wisdom

By Airman Rachel Martinez  
Staff Writer

The sixth Chief Master Sergeant of the Air Force visited McGuire Aug. 14 to speak at the Senior Noncommissioned Officers Induction seminar held Aug. 15.

Upon his arrival at McGuire, Chief Master Sergeant of the Air Force James McCoy was given a tour of the base. A few stops included the new Airmen's Firehouse, the Air Mobility Warfare Center and the First Term Airmen's Center where he had the opportunity to share a few words of wisdom with new airmen.

"I spoke with the new airmen and I told them that the one thing you have got to do is like your job," said Chief McCoy. "If you are not having fun then you need to do something else. They need to do the best they can at what they are doing. They need to become an expert at it so that people will come to them asking for advice and help."

He also stressed to them to take the opportunity to further their education and training and to take advantage of every opportunity presented. "It's important that they don't sit back and wonder 'what if?'"

At the Senior NCO Induction Ceremony held Friday evening, Chief McCoy talked about the history of the senior NCOs. "When I joined in 1951, we didn't have senior NCOs. It wasn't until the late fifties that the senior NCO structure came about. Senior NCOs have come a long way, the jobs they are performing now were performed by officers in the past."

Besides the senior NCO structure, the Air Force has made many changes in the 22 years since Chief McCoy retired. Chief McCoy has noticed three big changes. The first is the total involvement of women in the force. "When I retired there were 13 women chief master sergeants in the Air Force. There are about 400 now," he said.

The second change is the educational level. "The Community College of the Air Force has helped a lot in increasing the level of education," said Chief McCoy. It has provided an opportunity for airmen to get an associate's degree as well as triggered a motivation and incentive for airmen to get their bachelor's and master's degree."

The final change, and perhaps the biggest of all, is the change in responsibility, noted Chief McCoy. "There has been a tremendous change in the amount of responsibility given to the enlisted force. Not only that, but the level of professionalism has risen as well."

Chief McCoy saw that level of professionalism displayed in the people at McGuire. The highlight of his trip was meeting everyone, he said. "It is a great opportunity to be around Air Force people. I want to thank all the men and women for their hospitality."

He also mentioned that he was pleased with former chiefs involvement in the Air Force. "People ask why we stay involved. The answer is as long as you keep asking us back, we will keep coming," he said.



Photo by Denise Gould

**I SPY** — Airman 1st Class Jasmine Sukal, 305th Civil Engineer Squadron, uses a geodimeter for an obstruction survey for the TERP (Terminal Approach) Project, to determine what around the airfield is obstructing, in height and length, in the clearing zone of the aircraft approach. She is an engineer assistant with part of the 305th CE site development shop, that conducts this survey annually.

## PERSPECTIVE

## Redefining a "woman's place" in society

By Staff Sgt. Laura Vitullo  
305th AMW MEO

Voting, it's what makes America great! Voting is just one of many rights that women have fought for and won in American society.

Women in the military and throughout our society currently enjoy many rights as the result of the efforts of women from previous generations. Women continue to push the boundaries toward equality by their performance at work and through their dedication at the voting booth.

There was a time when voting wasn't a right for everyone. The right for women to vote was granted on Aug. 26, 1920, with the ratification of the 19th Amendment. In 1971, Congress designated Aug. 26 as Women's Equality Day to commemorate its passage and to recognize the positive changes brought on by the women's movement. Due to the countless millions of women who planned, organized, lectured, wrote, petitioned, lobbied, paraded, and broke new ground in every field imaginable, our world is forever changed.

The revolution was really an evolution that occurred over time, gradually changing the prevailing views of a "women's place" throughout history. Women were historically viewed as the inferior sex. Not only were women expected to be perfect wives, but their status was dependent upon the economic position of their father and later their husband. During the 1800's women marched, rallied, and lectured. The long struggle for women's rights formally began at the Seneca Falls Convention in 1848. The passage of the "Declaration of Sentiments", a petition for women's rights, marked the formal beginning of the women's suffrage movement in the United States. In 1872, Susan B. Anthony and several other women were imprisoned for casting their vote. Some men argued that women were inferior and therefore should not be allowed to vote.

Overcoming these prejudices was a long and arduous battle. In the end, it was the service of women in the military and the defense works that gave the necessary push to passing the 19th Amendment. In September 1918, President Wilson addressed the Senate citing the contribution made by American women during the War: "Are we alone to ask and take the utmost that our women can give, service and sacrifice of every kind, and still say we

do not see what title that gives them to stand by our sides in the guidance of the affairs of their nations and ours? We have made partners of the women in this war; shall we admit them only to a partnership of suffering and sacrifice and toil and not to a partnership of privilege and right?"

In the years following, women created one of the strongest lobbies that had ever been seen in Washington. They were responsible for getting legislation passed on night work, wage minimums, hour maximums, maternity and infancy legislation, and education initiatives.

Men and women fought and won the right for women to vote. But, affecting the societal norms of a "woman's place" and gaining true equality would only come after decades of making small advances that are still ongoing today. Advances have been made in every aspect of American life, from the military to the sports arena.

Today, the military has adapted a new attitude concerning the role of women. They have come a long way since World War I and II. Now women are entering almost every field, in every branch of the military. But it took a long time for women to arrive at their present position. After the Vietnam War and the establishment of an all-volunteer force, the role of women started to change. Once the military could not rely on men being conscripted, women took on a new importance. The ceiling on the number of women in the military and their promotions was removed. Today, even though the size of the military has been decreasing, the percentage of women in uniform has been on the rise.

A similar trend can be seen in the electorate. By virtue of their sheer numbers, female voters now control politics in the voting booth. Women go to the polls in higher numbers than men. The issues that rank at the top of the nation's agenda such as schools, medical care, and Social Security are the ones women pay closest attention to. Feminine slices of the electorate are the crucial swing votes, the last to decide, and the most sought after in the final days.

This depicts a small fraction of the toils and tribulations that went into the women's movement. It took the unity of men and women together to make many of these advances. But the goals and the spirit of Women's Equality Day have not been fully met. Only together can we continue to shatter the barriers that still exist. Think about what you can do to make a positive change ... it may be as simple as a vote.

## Action Line

The Action Line is an integral part of the base feedback network.

Use the chain of command to address your concerns first. If you're not satisfied with the response or you are unable to resolve the problem or concern, call the Action Line at 754-3247 or send an e-mail to [action.line@mcguire.af.mil](mailto:action.line@mcguire.af.mil).

Please leave your name and number when you call in case we need to contact you for more information to correctly address your concern.



Col. JJ Jackson

## Did You Know?

### McGuire History 101

● In August 1971, McGuire's Aero Club was one of 49 clubs honored by the FAA for completing flight operations during 1970 without an aircraft accident. This was the third consecutive year the Aero Club received this honor. The last reportable accident occurred in 1968. During 1970, the club members logged 4,683 flying hours.

● McGuire flew six tons of automobiles to the American Embassy in Pakistan on Aug. 25, 1971.

*McGuire History 101 is courtesy of Brooke Ballard, 305th Air Mobility Wing History Office. For more information about McGuire history, call Ms. Ballard at 754-2539.*



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Any questions regarding submissions should be directed to the editor of AIRTIDES.

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# Sergeant receives Airman's Medal

By Staff Sgt. Vann Miller II  
Staff Writer

A member of the 305th Medical Group received the Airman's Medal at the Ambulatory Health Care Center during a special presentation ceremony Monday.

Maj. Gen. Nick Williams, commander of the 21st Air Force, presented the prestigious medal to Staff Sgt. Sherrie Storey, 305th Medical Support Squadron, for the selflessly courageous act of heroism she displayed in August 2002.

The Airman's Medal, approved by the 86th Congress on July 6, 1960, is the highest honor awarded to an airman for acts of heroism not involving actual conflict with an enemy. The symbol on the bronze medal is that of Hermes and it represents the youth, vigor and boldness the recipients of this medal demonstrate.

Sergeant Storey's daring rescue of two failing swimmers a year ago have attained her a hero's status in her community and family, and now, the Air Force.

"I didn't stop to think about it," Sergeant Storey commented as she recalled moments from that day.

Sergeant Storey said she remembers the day at Cape Hatteras, N.C. clearly. The scene of the older gentleman running down the beach asking for help is still clear her mind, said the sergeant.

The laboratory journeyman said she recalls the shocked feeling she sensed as the crowd of people stood around and did nothing. She said she distinct-



Photo by Scott Spitzer

Staff Sgt. Sherrie Storey, 305th Medical Group, received the Airman's Medal from Maj. Gen. Nick Williams, 21st Air Force, in a ceremony Monday. Sergeant Storey was recognized for saving the lives of two swimmers last year while she was vacationing in North Carolina. The Airman's Medal is the highest honor awarded to an airman for acts of heroism not involving actual conflict with an enemy.

ly remembers the tide and how it was strong enough to keep her husband from helping her as he fought against the water with his surfboard.

"I am very proud of her," said Dianne Storey, Sergeant Storey's mother. She drove here from Atlanta to be by her daughter's side and share the experience of this meaningful ceremony. "I would not have missed this for the world. That was some day, I was afraid for her."

Dianne explained how she had to go up to a deck above the dunes to see

just how far out her daughter had to swim to reach the two men who had been carried out by the tide.

"She had always been a strong swimmer, but I didn't know she had it in her. She had gone out so far, I was afraid she would not make it back," said the senior Mrs. Storey.

Maj. Jenice Little, 305th MDG, commander of the diagnostics and therapeutics flight said although Sergeant Storey modestly believes she is not a hero, her actions that day speak volumes of her personality.

## Visitor control center now handles vehicle decals, they are mandatory on all vehicles by Aug. 29

By Staff Sgt. Vann Miller II  
Staff Writer

Team McGuire's vehicle operators may now enjoy the convenience of 24-hour access to the forms needed to register personal vehicles on base.

Vehicle registration, and obtaining the required decal for vehicles, which used to be a function of Pass and ID located in Building 2903, is now handled by the Visitor Control Center, according to Felicia Green, 305th Security Forces Squadron pass and registration issuing official.



The decals, DD Form 2220, will now only be issued at the VCC, which is located across from the gas station by the 24-hour gate.

This change in location and hours allows members to register personal vehicles at more favorable times, said Ms.

Green. The VCC is open seven days a week and handles visitor passes, Air Force Form 75, issue contractors IDs and long-term visitor badges.

Members must have a copy of a valid driver's license, current registration and proof of insurance, as well as a government identification card in order to get a vehicle registered for on base use.

Obtaining a decal for vehicles is a requirement when people PCS to McGuire.

As a reminder, decals are a secure item. If people sell, donate or dispose of their vehicle in any way, they are required to remove the decal. Also, if military members sell their vehicle to other military members, the person who purchased the vehicle must register the DD Form 2220.

Beginning Aug. 29, vehicles without proper decals will not be permitted on Fort Dix or McGuire. For details, call the Pass and ID office at 754-2200.

## News Briefs

### NFL kick-off concert scheduled

Operation Tribute to Freedom and the NFL are partnering for a NFL Kick-Off concert 6 p.m. Sept. 4 on the National Mall in Washington, D.C. The NFL is inviting military personnel and families for the festivities.

"The NFL is very gracious to provide this opportunity to our servicemen and women around the world, what an exciting way for our military members to be able to see such great entertainment," said Colonel Dan Wolfe, Executive Officer for Operation Tribute to Freedom.

The first 5,000 uniformed men and women will have stage-front access at the concert, which will feature a number of world-renowned entertainers, including Aerosmith, Mary J. Blige, Britney Spears, Good Charlotte and Aretha Franklin who will sing the National Anthem. An additional 20,000 uniformed members and their families will also have preferred access to the event. At the end of the concert, the Washington Redskins vs. New York Jets game will be shown at the Mall on large Jumbo-trons.

Personnel who wish to attend the concert events with their family members should register at [www.ima.army.mil/tributetofreedom.asp](http://www.ima.army.mil/tributetofreedom.asp). The Website will constantly be updated on a daily basis.

### ATWIND coming to an end, play now

ATWIND will end soon. Team Make it all the way Around the World in 90 Days and you will be eligible to win some fantastic prizes – cash, cash, and more cash, plus some great vacation trips that include hotel and airfare!

ATWIND is open to active duty, guard and reserve members of the armed forces and their families; DoD civilians; retired military members and their family members. McGuire members are encouraged to play their game pieces now. There is still time to win. Log on to [www.atwind.com](http://www.atwind.com) for more information.

## Give the gift of life Blood donations low, donors needed

By Staff Sgt. Christin Michael  
Editor

Every minute of everyday, someone needs blood. That someone could be a military coworker, a family member, even you.

Unfortunately, blood is only available from volunteer donors, and currently, the blood supply is at emergency levels.

"This is one of the most potentially dangerous blood shortages I have experienced. We are doing everything we can to be sure emergency needs are met, but the most important step is one that only healthy volunteers can take — and that is to give blood right away," said Brigid O'Neill-LaGier, chief executive officer of the Penn-Jersey Red Cross Blood Services Region.

To help, the Fort Dix/McGuire chapter of the Red Cross sponsored an emergency blood drive here Monday.

"The blood drive generated 51 units of blood," said Charlene Cardenas, service center manager

with the Red Cross here. Their goal for the day was 50 pints of blood.

The Red Cross will sponsor their annual blood drive here Sept. 24 and 25 at Chapel I from 8:30 a.m. to 2 p.m.

"Our goal is 60 pints of blood for both days," said Mrs. Cardenas. "Each day we need to have at least 98 people."

Donating blood can save more than one life. After a donation, blood is separated into its components - red blood cells, platelets and plasma. Each component meets a different medical need.

Volunteer blood donations help patients being treated for accidents, routine surgeries and serious diseases such as cancer, heart disease and sickle cell disease.

Giving blood is easy, safe and takes less than one hour, but only about 5 percent of the estimated 60 percent of eligible Americans donate blood.

To donate blood, donors need to be at least 17 years old and weigh at least 110 pounds. "Tattoos must be at least a year old," Mrs. Cardenas

said. In addition, the condition in which some body piercing is obtained could disqualify people from donating. She recommends donors "drink plenty of fluids, and iron up."

A simple hour out of a day every couple months could make the difference between life and death.

Most donors only give once or twice a year, yet they are eligible to donate every 56 days, which is up to six times per year.

In addition to blood donors, the Red Cross is seeking new volunteers to assist at base and post blood drives. Duties include greeting donors, working in the registration area and serving refreshments. For more information about volunteering or to learn about future blood drives, call Mrs. Cardenas at 562-2258.

There will be a blood drive 8:30 to 2:30 p.m. Aug. 29 at the Doughboy Gym, located on Fort Dix, Building 5953.

To find information on other blood drives in the community, visit [www.pleasegiveblood.org](http://www.pleasegiveblood.org).

### Top 10 reasons to give blood

- 10) You will get free juice and cookies.
- 9) You will weigh less - one pint less when you leave than when you came in.
- 8) It's easy and convenient - it only takes about an hour and you can make the donation at a donor center, or at one of the many Red Cross mobile blood drives.
- 7) It's something you can spare - most people have blood to spare... yet, there is still not enough to go around.
- 6) Nobody can ask you to do any heavy lifting as long as you have the bandage on. You can wear it for as long as you like. It's your badge of honor.
- 5) You will walk a little taller afterwards - you will feel good about yourself.
- 4) You will be helping to ensure blood is there when you or someone close to you may need it. Most people don't think they'll ever need blood, but many do.
- 3) Puts you on equal footing with the rich and famous - blood is something money can't buy. Only something one person can give to another.
- 2) You will be someone's hero - you may give a newborn, a child, a mother or a father, a brother, or a sister another chance at life. In fact, you may help save up to three lives with just one donation.
- 1) It's the right thing to do.

## Housing office addresses lead paint concerns here

By Brenda Clark  
305th Civil Engineer Squadron

Military family housing residents worried about the possibility of their children suffering from lead poisoning shouldn't assume their home has lead based paint, according to housing office officials.

There haven't been any reports of substantiated cases of lead-based paint poisoning in McGuire family housing. Most lead poisoning in homes occurs when children eat peeling lead-based paint or paint dust; according to Capt. Tracy Glenz, Bioenvironmental Engineer.

However, the chances of a child ingesting lead-based paint in McGuire's military housing is remote, because lead-based paints were banned from use in housing in 1978. If there is any lead-based paint left in base housing, it is buried beneath many layers of non-lead paint.

Keeping military family housing

units clean and notifying the housing office of peeling paint will help prevent any possibility of lead poisoning.

In 1994 lead-based paint sampling was performed on the exterior and interior of all housing units painted before the 1978 ban. The inspection concentrated on identifying deteriorated paint accessible to children under six and, if found, testing for lead content.

Based on the inspection results, most of the older windows in Falcon Courts East and some sections of the 4200 and 4500 areas of Falcon Courts North, have been replaced and/or have undergone renovation since that time.

Also, each unit is inspected thoroughly for peeling paint during termination of quarters and change of occupancy inspections.

For more information on lead-based paint poisoning prevention or the 1994 Lead-Based Paint Inspection Report, contact the Management Office, facilities section at 754-3413.



Photo by Staff Sgt. Alan Lynch

**HELPING OUT** — The 305th Logistics and Readiness Squadron showed outstanding support for their local Airman Leadership School during their recent receipt of the Commander's Baton by beautifying the ALS front lawn.





Photos by Staff Sgt. Chance Babin

Youth age nine through 16, from the Burlington County Red Cross youth program painted a mural as a tribute to military members. Painting began Aug. 6. The idea for the mural came from Raymond Jackson, a Red Cross volunteer who suggested a community outreach project. The design for the mural was chosen through a contest and created by a 14-year old. It is located across from the Wendys in downtown Wrightstown.



**Above:** Ten-year old Jordan Rieth, daughter of 1st Lt. Theodore Rieth, 305th Mission Support Squadron, helped paint a mural as a tribute to military members. Jordan's brother, 11-year-old Devon Rieth, also participated that day. To them, the mural represented watching their father go off to work.

**Below:** Benjamin Dungan, paints with intent during the youth council mural project in Wrightstown. The children painted the wall, painted themselves, and painted each other.

# Local youth paint tribute mural for military members



Painting can be messy, as Benjamin Dungan learned while painting the mural.



**Above:** Tassha Clemens and Brittney Barker joke while they work on the mural.

**Left:** The mural, which was scheduled for completion Wednesday represented many things for the children. For some it meant the community waving to the military members with appreciation as they went off to war.

# In the... Spotlight

**Name:** Airmen  
1st Class  
Precious Arnette

**Unit:** 305th  
Medical Group

**Family:** Two  
brothers and one  
sister

**Service:** Two  
years in the Air  
Force reserve and  
one year active  
duty

**What I like Most  
About Being  
Stationed at**

**McGuire:** Being close to so many main attractions, such as Six Flags, Atlantic City and New York

**The Military Member Who 's Influenced My Career the Most is:** My father. Seeing my dad in his military uniform and his achievements influenced me to always give 100 percent in everything I do.

**My Proudest Military Moment is When:** A total stranger approached me in the commissary and said, "Thank you, for serving our country." Knowing someone appreciates military members has made me feel proud to be in the Air Force.

**Five Years from Now I'll:** Have accomplished all my goals. To finish my nursing degree and one day become an officer in the Air Force.

**Dream Job:** My dream job is to become a pediatric nurse, in the Neonatal Intensive Care Unit.

**I Like to Pig Out On:** Seafood and ice-cream

**Favorite Movies:** Bad Boys II and Pretty Woman

**Motto:** "Always treat people the way that you would like to be treated."

**My troop is a Warrior Because:** "She always goes the extra mile, helping out co-workers, assisting our customers, etc. Her work ethic is contagious throughout the duty section."

— Staff Sgt. Travis Pope



Airmen 1st Class  
Precious Arnette

## After 10 years x-cop discovers Grass is greener on this side



Photo by Staff Sgt. Jeromy Cross

Staff Sgt. Rick Dunaway, of the Air Mobility Warfare Center graphics department, reenlisted after trying a life in the private sector as a patrol officer. After his time away from the military, he shares one bit of advice with any airmen interested in separating from the Air Force, and that is "Don't," he said.

By Staff Sgt. Christin Michaud  
Editor

Retirement could have been in one Team McGuire member's future next month, but because of a decision to leave the military, this sergeant will now have to wait longer.

Staff Sgt. Rick Dunaway, a graphic specialist with the Air Mobility Warfare Center, initially enlisted in the Air Force in September 1983.

He began his career as a security policeman assigned to Little Rock Air Force Base, Ark., before an assignment to Andersen Air Force Base, Guam and finally an assignment to "why not" Minot Air Force Base, N.D., an assignment he said is part of the reason he left the Air Force after eight years and three months of service.

When asked why he chose to separate from the Air Force, Sergeant Dunaway answered, "three years at Minot." That wasn't the only reason he chose to separate though. He said he was too uninformed.

"I graduated high school and joined the Air Force and really didn't have a lot of 'worldly' experience," Sergeant Dunaway said. "I thought there was a fortune to be made on the outside and thought it could be done with little or no education."

Sergeant Dunaway thought he'd put that theory to the test and he separated from the Air Force under the Palace Chase program, an opportunity for military members to leave active-duty and fulfill their time commitment in the Air Force Reserve.

"I went back to Little Rock where I joined the North Little Rock Police Department," he said.

After leaving the military, he worked as a patrol officer for two and a half years and eight years as an

undercover narcotics officer/FBI Task Force and SWAT team member.

"It was a great job at times," he said, "but it was 15 and 16-hour days with little time to pursue a degree and even less time to spend with your family."

In the meantime, Sergeant Dunaway was still in the Air Force Reserve as security forces. After 9/11, he was activated and assigned to the security forces squadron at Little Rock, which encouraged him to reconsider the benefits of the military.

"I sat down and figured my civilian income vs. my military income and the military seemed to be a better way to go, especially the retirement factor," he said.

The choice to reenlist in the Air Force was the easy part. The hard part was trying to get back in.

Prior service applicants are a lot harder to get back in, according to Tech. Sgt. Shawn Beltramo.

"There has to be a need for their old career field," said Sergeant Beltramo. "If there isn't, they may be eligible to retrain, but again, the openings are based on the needs of the Air Force."

During FY03, there have only been 910 prior service applicants able to enlist this year compared to the 37,000 non-prior service enlistees, according to recruiting officials.

Sergeant Beltramo has one prior service applicant who was also in the security forces career field who is trying to reenter the Air Force. "You'd think it would be easy because there is a need for cops," he said. Unfortunately, this applicant is still waiting.

A similar thing happened to Sergeant Dunaway. The Air Force did not need 7-level technical sergeants in security forces when he decided to get

**Correction:** The Aug. 15 spotlight, featuring Staff Sgt. Brenda Rigsby, should have read "She is 100 percent dedicated to the mission, and her attitude and work ethic make her a leader in the squadron." The AIRTIDES staff extends its apologies to Sergeant Rigsby for the mistake.

See REENLIST, Page 8

## Can Do Crew

The "Can Do Crew" visited 51 organizations and identified **Ms. Shelia Tolliver** from the 305th Medical Group.

She was recognized for efforts while working with her customers to ensure proper ordering of a large shipment of supplies/equipment for Bioenvironmental Engineering.

She worked one-on-one with the potential buyer and took expert care to ensure all parts were shipped correctly, and expertly handled a mistake by the supplier to guarantee all items were delivered promptly.

Her efforts make McGuire a better place to live, work and play. She is recognized for her dedication and service to the Medical Group and all its customers.

Remember, the "Can Do Crew" is a team covertly seeking out and identifying outstanding customer service within Team McGuire.

## REENLIST *Continued from Page 7*

back in to the military.

"I had pretty much given up on the idea of getting an opportunity to return when the recruiter called and asked if I wanted to be a K-9 handler," he said. "I couldn't believe it!"

Unfortunately, the time he would be in tech school was the same time as the IG inspection and since he had been activated, he was serving as the security forces squadron NCOIC of Quality Control. Although the timing was off, he was still allowed to go in later as a multimedia specialist.

"Once I finally got a slot I had to go through the same process as any other new recruit would," Sergeant Dunaway said. "How soon we forget about walking like a duck in our underwear during the medical screening."

The good news was that he wouldn't have to go back to basic training, only his new tech school, but it wasn't as a technical sergeant as he had been in the reserves.

"Because of my break in service and my time in the Reserve I would have to return to active duty as a staff sergeant," he said.

When Air Force members make the decision to separate, they should consider several factors, according to Senior Master Sgt. Pete Cawthon, 305th Air Mobility Wing career assistance advisor. "Some things to consider are the quality

of people that you work with in the Air Force," said Sergeant Cawthon. He also stressed the importance of being in an organization with a sense of mission and purpose and one you know will take care of your family.

"Hopefully they are making a fact-based decision," this career advisor said. "Not one based on gut reaction or individual circumstances."

"There have been some rough spots in the road this first year, like not getting paid for 6 months and not getting to test for E-6 for another two years," Sergeant Dunaway said. "I miss my tech sergeant stripes."

"But," he continued, "I work in one of the greatest places in the Air Force (Warfare Center) and the most important thing, I am serving and protecting our country in a full time capacity which is an important factor that I think a lot of people forget. I guess you could say I bleed red, white, and Air Force blue."

His advice for people thinking about separating from the military is "Don't!" He encourages people to make sure they have a few things in their back pocket, including an education.

"The most important thing to have is at least a bachelor's degree in a demanding career," he said. "Second, have a back-up plan to your back-up plan — all those things that you want to happen won't, and all those things that you don't want

to happen will."

"Calculate everything," he suggested, including medical insurance and retirement pensions. "I failed to take in consideration that medical insurance and retirement pensions take a lot out of that 'hard worked for pay check.' In the civilian world you don't get free medical and housing allowances. It all comes out of one check - It's tough out there in the real world."

For those who still plan to leave, Sergeant Dunaway encourages them to at least leave their foot in the door.

"Separating from active duty and staying in the Air National Guard or Air Force Reserve acts like a safety net a lot of times," he said. "Plus, you can apply the time you spent in active duty toward something useful instead of wasting those years."

"I feel extremely fortunate to get a second chance to serve my country," Sergeant Dunaway said. "Contrary to what a lot of people think, it is privilege to serve in the greatest Air Force in the world. One day when we are old and feeble we will look back in our grandchildren's history books and read about these times and each of us can proudly say we were a part of protecting this great country."

This sergeant may not be retiring next month, but he's happy to be back in the Air Force.

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# From day one

## McGuire's Family Support Center offers award-winning aid to troops

By Staff Sgt. Vann Miller II  
Staff Writer

Proving families come first is the mission of the family support center. The FSC, offering a range of services for families in the McGuire community, educates servicemembers on how to take care of the family first - even when the military member is deployed.

The family support center, located on Tuskegee Avenue by the parade grounds, keeps regular business hours from 7:45 a.m. to 4:30 p.m., but it's the after-hour family activities that help families deal with the demands of a life in the military.

"The FSC offers so much to the McGuire community," according to Carol Reavely 305th Mission Support Squadron, family support center publicity coordinator. "Our efforts here have earned McGuire recognition as best in Air Mobility Command for 1999 through 2001 and best in the Air Force in 2002."

Some of the programs offered to team McGuire's troops include family life skills education, Air Force Aid Society, financial management and personal family readiness.

"Being a an airman 1st class with three children, it was hard enough to make ends met, let alone stretch the cash further to pay for a \$500 repair bill," said Senior Airman Daniel Slaman, 305th Air Mobility Wing protocol specialist. "The family support center certainly helped alleviate a great deal of stress, and was very helpful and understanding of the position I was in."

Airman Slaman was put in touch with the family support center through his first sergeant, he said. The first sergeant is just one avenue troops here can take to get the help they are entitled to.

"The FSC supports McGuire's mission by implementing Air Force-wide and congressionally-mandated educational and informational programs designed to enhance quality of life for families here," said Laure Brock, 305th MSS family support center consultant. "By sponsoring monthly workshops and seminars, the FSC sustains Air Force retention and personnel readiness programs that provide direct services to Team McGuire."



Photo by Carol Reavely

Tamar Beard, computer resource center coordinator for the 305th Mission Support Squadron, views the items on display for the Baby Bundle package at the family support center. The package is one of the many resources offered by the FSC for airmen and families.

What makes the FSC programs so great is the diversity, said Mrs. Reavely.

"The community partnerships involving on and off-base agencies allow the FSC to provide Team McGuire with more options for the assistance and services necessary to meet their individual families' needs," said publicity coordinator.

From the very first sponsor package to all the printed material on hand in the family support center, troops here learn about the special events offered to the community, said Mrs. Reavely.

"The staff is an outstanding team of professionals and volunteers who are willing to go the extra mile to ensure members and their families received the services and information they need," said Mrs. Reavely.

The Give Parents A Break program, a partnership with the Air Force Aid Society, reduces the stress active-duty families may be facing.

The stress of dealing with deployment, emergency situations or other exceptional hardships is a situation unique to military life. Families with children six months through 12 years

of age are eligible. A referral from a squadron commander, first sergeant, chaplain or medical professional is required before families can participate in this program.

By allowing parents some personal time to just relax or to attend to family matters without the additional cost of childcare, the Give Parents A Break program helps families greatly, said Mrs. Reavely.

This personal time may be used to handle tasks too difficult to accomplish while caring for children, such as automotive maintenance, home repairs or medical appointments.

McGuire's FSC doesn't just take care of its members while they are stationed here; they also give members the information they need to carry on after they leave the gates. The FSC offers classes for transition assistance.

For family members also scouring the job market, the FSC offers employment assistance programs designed to make members more marketable. These hiring programs host job fairs that help families network and discover employment opportunities.

Whether families are looking for

budgeting classes through the Personal Financial Management programs offered, or they are in need of free video e-mail to military members through the Personal and Family Readiness program, the Family Support Center is here to help.

Other programs that fall under the family support center include the Airmen's Attic, the Food Pantry and the Computer Resource Center.

The Airmen's Attic accepts donations and its wares are made available to active-duty personnel of the grade of E-4 and below. The Airmen's Attic is located at Building 3446 on Broidy Avenue.

"These programs are important to our families and military personnel, because families need to stay connected within this self-sufficient community," said Mrs. Brock.

It doesn't matter whether members of Team McGuire are single or married, or with or without children, the FSC is here to help.

To get more information about programs offered, stop by the family support center or visit the website at <http://public.mcguire.af.mil/fsc>.



## Back to School with help from the Airmen's Attic

**Donations from the Salvation Army help offset the cost of buying back-to-school supplies for airmen with families**

By Airman Rachel Martinez  
Staff Writer

The Airmen's Attic, in conjunction with the family support center, will host a "Back to School Days at the Airmen's Attic" Monday and Wednesday 10 a.m. to 2 p.m.

"School starts in September and it can get expensive if you have a couple of children. We want to take a burden off of the families," said Diane Faturos from the family support center. All E-1s through E-5s are encouraged to bring their military identification card and their child to the Airmen's Attic to receive a free backpack filled with school supplies. Supplies are limited.

"We usually purchase school supplies for the children, but this year the Salvation Army contacted us and donated supplies," said Tech. Sgt. Stephanie Schultz. The Salvation Army provided the family support center with information on a company to purchase backpacks from and offered to fill them with supplies.

The Officers' Spouses' Club donated funds for the family support center to use for purchasing the backpacks. "We ordered two different styles so the children can have a choice," said Ms. Faturos. Each of the two styles come in a variety of colors.

The Salvation Army provided an assortment of notebooks, construction paper, pens, pencils, crayons, rulers, scissors and erasers for the backpacks. Stickers, also donated by the Salvation Army, will be added to the bags as well. "The back-to-school backpacks will help defray the costs of going back to school, especially for airmen with families," said Ms. Faturos.

The Salvation Army is always looking for places to donate things to, according to Carol Reavely, publicity coordinator. "We get a lot of donations from the outside, like the Salvation Army, and we always have programs where we can use the donations. These care packages that they donate really help the families," she said.

For more information call, 754-8703 or 754-3814.



Photo by Carol Reavely

Margo Rich, Airmen's Attic coordinator, and volunteers put supplies donated by the Salvation Army into brand new backpacks Aug. 15 at the Family Support Center. All E-1s through E-5s can stop by the Airmen's Attic Monday and Wednesday from 10 a.m. to 2 p.m. to pick up a free backpack for their child.



Winner: "We will see who will win the Junk-Yard Wars now baby!"

—Tech. Sgt. Shawn Savage  
305th Logistics Readiness Squadron

## WHAT'S MY LINE?

### The rules

1. Write a humorous or imaginative caption and cutline.
2. All entries must be submitted by noon Monday. Forward e-mail to [airtides@mcguire.af.mil](mailto:airtides@mcguire.af.mil) or drop off your entry at the 305th Air Mobility Wing public affairs office at building 2901, Room 222.
3. Entries are limited to two per person.
4. The person with the funniest or most imaginative caption and cutline has the choice between a 305th Services Squadron Gold Card, which includes a variety of freebies, such as a lunch at Pudgy's and a free round of golf, or a \$10 phone card courtesy of the Burlington County Military Affairs Committee.
5. Each week's winner can pick up their prize in Room 222 of the wing headquarters building. For more information, call Staff Sgt. Vann Miller II at 754-3950.



Write a caption for this photo. The writer whose caption is the funniest or most imaginative will be printed in the following week's issue. The winner receives a 305th Services Squadron Gold Card.

# Around The McGuire Area

## TODAY

**At the movies** Sean Connery and Peta Wilson star in "The League of Extraordinary Gentlemen." Based on the acclaimed comic books by Alan Moore, a legion of superheroes, the likes of which the world has never seen, with little preparation and no time to lose, must save the world. But, the members of the League enter their union with inherent suspicion toward one another. *Rated PG-13 — Contains intense sequences of fantasy violence, language and innuendo.* Show time is 7:30 p.m.

**Movie madness night** Movie madness night featuring "Space Jam" is 8:30 to 10 p.m. at the family support center for Hearts Apart members and their families. This outdoor showing includes free admission and popcorn. Attendees are encouraged to bring non-alcoholic beverages and lawn chairs. In the event of inclement weather, the movie will be shown at Chapel II. For reservations and more information, call 754-3154.

## SATURDAY

**At the movies** Rowan Atkinson and Natalie Imbruglia star in "Johnny English." Johnny English is a bumbling British agent sent to rescue the crown jewels and save the monarchy from the scheming Frenchman, Pascal Sauvage. All of England's hopes are resting on Johnny English. *Rated PG — Contains comic nudity, some crude humor and language.* Show time is 7:30 p.m.

## MONDAY

**Back to School Days** "Back to School Days at the Airmen's Attic" is 10 a.m. to 2 p.m. today and Wednesday at 3446 Broidy Avenue. E-1 to E-5 active duty members or their spouses should bring their military identification card and school-age children to receive a free back pack filled with school supplies. There are two styles of backpacks while supplies last. Limit one per child. For details, call 754-8703 or 754-3814.

## WEDNESDAY

**Resume seminar** A federal resume writing seminar is 10:00 a.m. to noon at the FSC. Learn how to develop a resume to market your skills for federal employment and how to complete the federal application process. Registration is required. For more information and to register, call 754-3154.

**Open House** Airmen's Attic will hold an All Ranks Open House 10 a.m. to 2 p.m. Clothing for children who wear infant to size 6x, seasonal items, new and used furniture, appliances, household items, and more are available to Team McGuire members and their spouses. No referral is needed. The Airmen's Attic is located at 3446 Broidy Avenue. For more information, call 754-8703 or 754-3814.



Photo by Kenn Mann

**OH SAY CAN YOU SING? — Staff Sgt. Angela Blankenship, 305th Civil Engineer Squadron, sings the National Anthem at the Senior NCO Induction ceremony Aug. 15. She volunteers her time and talent to sing at McGuire events. McGuire is looking for more volunteers to sing the National Anthem at Team McGuire events. Auditions will be held 8 a.m. Sept. 25 in the base theater.**

## RETIREMENTS

**Barnes** Senior Master Sgt. Michael Barnes, Air Mobility Warfare Center, will retire at 1 p.m. today in the Officers' Club Ballroom. For more information, call Master Sgt. Jon Deal at 754-7802 or Mr. Harris at 754-7567.

## CAREER & EDUCATION

**Education office** The base education office is closed every Tuesday from 7:30 to 8:30 a.m. for training. Testing days at the education office are the following: Mondays and Tuesdays at 9:30 a.m., and Wednesdays and Thursdays at 12:30 p.m. with appointments only. Call 754-3019 for appointments and more information.

**SAT exam** An SAT examination is scheduled 9 a.m. Tuesday at the education office. If you are interested in applying for any of the commissioning programs such as: ROTC/ASCP, SOAR/LEAD, AECP and Air Force Academy, you need to take this exam.

nation. SAT exams are only given a few times a year. Call the education office at 745-3019 for a testing appointment.

**New BCC hours** The new hours of operation for Burlington County College, effective through Thursday are as follows: Monday and Thursday from 7:30 a.m. to 3 p.m., and Tuesday and Wednesday from 8:30 a.m. to 4 p.m. The office is closed on Fridays. If you have any questions, please call BCC directly at 754-2577 or the base education center at 754-3019.

**Olmsted Scholar Program** The Olmsted Scholar Program has openings for all line officers with three to 11 years of commissioned service. The highly competitive program allows officers to study foreign language abroad for up to three years, with an active duty service commitment of up to nine years upon completion. Completed application programs are due to the 305th Air Mobility Wing Executive Officers by Oct. 1.

**BOT Board** The FY04 BOT Board and class schedules have been released and are

available for viewing at the education office. The Critical Board (Rated and Critical Technical program) application cutoff is Sept. 2. The board meets Sept. 30 through Oct. 3, with an estimated release date of Oct. 24. The Non-Technical and Technical Board application cutoff is Oct. 7. The Board meets Nov. 17 through 21, with an estimated release date of Dec. 12. Call the Education Office for details at 754-5346 or 3019.

**Palace envoy request** Palace envoy requests volunteers for December, (captain only) for operations officer, bilateral affairs office (formerly MLT), Office of Defense Cooperation in Georgia and Ukraine. The operations officer executes the Joint Contact Team Program, a high priority, high visibility effort of national importance. Tour length is 179 days. AFSC requirement: open to all O-3, active-duty and reserve/guard officers only. For details, call 754-1896.

**New York Air Guard** The 109th Airlift Wing, in Scotia N.Y., home of the C-130 ski-birds, has Traditional Guard vacancies in the following career fields: 1A2X1, 1C0X2, 1C3X1, 1N0X1, 2A5X1, 2A5X3, 2A6X1, 2A6X2, 2A6X4, 2A6X6, 2A7X1, 2A7X3, 2E1X3, 2F0X1, 2S0X1, 2T0X1, 2T1X1, 3C1X1, 3E0X1, 3E3X1, 3E9X1, 3M0X1, 3P0X1, 3S1X1, 4A0X1, 4A1X1, 4A2X1, 4D0X1, 4P0X1, 4R0X1, and 4T0X1, as well as full-time active duty opportunities in the following AFSCs: 2A6X6 & 2A7X3. Call Master Sgt. Ryerson at DSN 344-2456 or 1-800-524-5070, or send an e-mail to Wesley.Ryerson@nyscot.af.mil.

## TRAVEL & LEISURE

**ITT's vacation special** Take a trip to the Royal Oasis Golf Resort and Casino, Grand Bahamas Island. Special includes non-stop roundtrip airfare, three nights hotel accommodations, taxes and gratuities. Lots of additional options are available. The cost is \$356 per person. Children 11 and under pay \$294. For details, call 754-6032.

## MISC.

**Arts and crafts** For more information on the following classes at the Fort Dix Arts & Crafts Center, Building 6039, call 562-5691.

- Ceramics painting classes are held 6:30 to 8:30 p.m. Tuesdays. There is a \$5 registration fee, plus cost of materials. Upcoming ceramics are: Sept. 23 - ceramic clock with parts.
- Spend a day of quality time with your family painting pottery 9 a.m. to 4:30 p.m. Saturday, for family fun day. It's fun, easy and great for all ages. No experience necessary. Come choose from our wide selection of bisque pieces. There will be extra discounts.
- Framing qualification classes are scheduled Wednesdays from 6 to 8:30 p.m. and Saturdays from 9 to 11:30 a.m. There is a \$10 registration fee. Materials are available for



## SPORTS & FITNESS

# Child's Play

## McGuire, Fort Dix offer youth sports for families



Photo by Staff Sgt. Vann Miller II

**Coach Master Sgt. Donald Bergstedt of the 605th Aircraft Maintenance Squadron directs his team of first and second graders during Monday evening soccer practice. Coach Bergstedt has been an active participant in youth sports for five years. The Golden Eagles team is just one of the many youth sports teams children can sign up for this season.**

**By Staff Sgt. Vann Miller II**  
Staff Writer

Team McGuire and Fort Dix children have a range of youth sports programs to participate in this season.

Children can engage in many different activities to include football, cheerleading, soccer, basketball.

"Our coaches are extremely professional," said Chief Master Sgt. George Smith, 621st Air Mobility Operations Group security forces manager and father of a youth sports participant. "I find that having my son play within the military community is an advantage, because the youth program emphasize teamwork and fun as oppose to winning at all cost."

Another benefit found in being involved in the youth sports programs here is the support found among other parents, said Chief Smith.

"When members went TDY, the other parents were very supportive and help the children get over the rough periods of learning sports," said Chief Smith.

Fort Dix offers a variety of sports programs for the youth living at Fort Dix and McGuire, said Loyde Winter, Fort Dix youth sports director.

The children teams here have the drive found in off-base teams, said Chief Smith.

"Our kids are very competitive," Chief Smith. "In fact, our Pee Wee team went to the championship game last year. All of our team have had a great response of returning players

and are poised to do very well this year. We are building a solid program to serve the Ft Dix McGuire community."

"It is our philosophy here in the youth sports to concentrate on team and character building, sportsmanship and skill development," said Mr. Winter.

"Youth Sports programming focuses on skill development and fun through positive mentoring and sportsmanship," said Mr. Winter.

Another note, which Chief Smith says he likes, is the fact that not only are the youth sports offered here close by, they are also relatively inexpensive.

"Compared to the off base price of upward of \$150, youth services here only charge \$60," said the chief.

The chief says he feels an added sense of security using the bases youth services.

"The coaches get a national and federal background criminal check while off-base coaches only get a local background criminal check," he said.

With the added security, lower cost and convenience of being so close, Chief Smith encourages more families to get involved with the youth sports, he said.

Parents can contact the McGuire Youth Center or the Fort Dix Youth Sports Office to register their child in the different programs available.

For more information on youth sports, call the youth center at 754-KIDS or the Fort Dix Youth Services at 562-4702.

WHAT PROGRAM HAS HAD THE GREATEST IMPACT ON DISEASE REDUCTION FOR OUR CHILDREN?

ANSWER: CHILDHOOD IMMUNIZATIONS

- EACH YEAR CHILDHOOD IMMUNIZATIONS PREVENT ABOUT 10.5 MILLION CASES OF DISEASE AND 33,000 DEATHS
- RESPONSIBLE FOR MORE THAN A 95 PERCENT DECREASE IN DIPHTHERIA, PERTUSSIS, TETANUS, POLIO, MEASLES, MUMPS AND RUBELLA DURING THE 20TH CENTURY
- CURRENTLY, ONLY 75 PERCENT OF OUR NATION'S TODDLERS GET VACCINATED ON TIME
- VACCINATING YOUR CHILDREN IS ONE OF A PARENT'S MOST IMPORTANT RESPONSIBILITIES AND COULD SAVE THEIR CHILD'S LIFE!

## New AF fitness test coming next year

**By Staff Sgt. Todd Lopez**  
Air Force Print News

**WASHINGTON**— Beginning next year, Air Force officials will implement a new fitness test completely different than what airmen today are familiar with.

The more functional test will include a 1.5-mile timed run, a muscular-fitness test of push-ups and crunches and a body composition test.

It is designed to measure the general health of airmen, said Maj. Lisa Schmidt, chief of health promotions operations at the Air Force surgeon general's office.

"The goal is to have a healthy, fit force that can deploy at any time," Major Schmidt said. "Our goal is to prevent the onset of diseases such as heart attacks, stroke, high blood pressure and high cholesterol. Basically, it is about keeping members healthy so they will perform optimally, in-

garrison and deployed. Healthy members are more heat- stress- and fatigue-tolerant, and less prone to illness and injury."

An airman's performance in three-component measurement system that looks at aerobic fitness, body composition and muscular fitness, will earn points. They can earn a maximum of 50 points on the aerobic portion of the test, 30 points on the body composition portion and 20 on the muscular fitness portion.

"If you are not doing anything now and have concerns, see your doctor first," she said. "Begin slowly with an aerobic-exercise program such as running, jogging, swimming or biking, working up to at least 30 minutes on most days of the week. Muscular fitness and flexibility also need to be part of a balanced fitness program. If you have questions about starting a fitness program, you can contact your local (health and wellness center). They can help develop a program that's right for you."